

#feelings

April 29, 2018

#wisdom #feelings • Message 12

PRAY • #WISDOM • CATEGORY, FINAL PHASE • FEMINISM, SEXUALITY, CONSUMERISM, FEELINGS!
ILL: I'M A SLAVE TO MY FEELINGS • STRAINED PEAS BEAT ME

Understanding Our Feelings

Emotions are emotions because they put us in **MOTION**.

WE LIKE TO THINK OF OURSELVES AS RATIONAL BEINGS, BUT WE ARE NOT
TIME FOR WORK: THE CLOCK? TRAFFIC? CLOCK IN LATE? TALK TO MANAGER? THAT'S NOT WHY
INERTIA: NOTHING MOVES ME UNTIL I WANT SOMETHING DIFFERENT FROM WHAT I HAVE.

I DO what I **FEEL LIKE DOING**.

NAPOLEON • YOU WANT TO PUSH BACK? IS THAT FROM EVIDENCE OR FEELING? • I COULD PROVE
HEART → PRO 4:23, PRO 27:19 • CONTROL PANEL = MIND • PRO 12:25, 15:30, 16:24, 17:27

MIND → HEART → ACTIONS

|----**SOUL**----|

PRO 25:20 • 2:5-6, 9-10 • SOUL! •• FEAR

Dealing with Fear

ILL: FEAR IS WHY I GOT GOOD GRADES, WAS OBEDIENT. IT MOTIVATES! • PRO 1:7, 9:10

With proper wisdom, fear makes us act to **AVOID** something.

EVASIVE MANEUVERS IN A CAR • OBEYING GOD

Without wisdom, fear makes us **AGGRAVATE** problems.

FIGHT OR FLIGHT • REASON CONVERSATIONS TURN NASTY

Without wisdom, fear makes us **FREEZE**.

WE DON'T KNOW HOW TO AVOID WHAT'S COMING • OR NOTHING IS COMING! / WORRY, ANXIETY
WHAT DOES WISDOM SAY ABOUT YOUR FEAR? • WHAT AM I TRYING TO AVOID?

Dealing with Anger

PRO 14:17, 29

Anger is the emotion to move us toward **JUSTICE**.

SECONDARY EMOTION • TOUGH QUESTION, WHERE'S THE INJUSTICE? • PRO 22:24-25, 19:19

Dealing with Sadness

HARD TO TALK ABOUT BECAUSE INDIVIDUAL • PRO 14:10 • PRO 14:13
NOT EMOTION BUT ANTI-MOTION • PRO 15:13, 17:22, 18:14 • WHY SADNESS? PIXAR??

We have sadness because we bear **GOD'S IMAGE**.

GENESIS 6:5-7 • SOMETHING BROKEN AND CAN'T BE FIXED

Sadness is the emotion to move us toward **GOD**.

HOW? WE MOVE IN HOPE!

Cultivating Hope

WE UNDERSTAND DISAPPOINTMENT BETTER • PRO 13:12, 11:7 • NOT LIKE OTHERS, SLOW

Hope in God = **EMOTIONAL STABILITY**

PRO 11:23, 3:25-26, 10:24-25, 11:6, 23:17-18 • HOPE IN GOD NO MATTER WHAT ELSE YOU FEEL

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